

## RESPONSES TO STRESS – [BI] (SR-P)

This is a list of things that parents of children with a brain injury (i.e., stroke, HIE, neurological condition such as epilepsy etc.) sometimes find stressful or a problem to deal with. Please circle the number indicating how stressful the following things have been for you in the past 6 months.

|   | Not at All | A Little | Somewhat | Very |
|---|------------|----------|----------|------|
| a. The long term side effects of my child's injury on his/her health, learning, behaviour or mood | 1          | 2        | 3        | 4    |
| b. Concerns that my child's will have another brain injury  | 1          | 2        | 3        | 4    |
| c. Talking with my child about his/her brain injury   | 1          | 2        | 3        | 4    |
| d. Concerns about my child having trouble in school.  |            |          |          |      |
| e. My child having multiple doctor/medical appointments   | 1          | 2        | 3        | 4    |
| f. Understanding information about brain injury, medical treatments or follow up care.            | 1          | 2        | 3        | 4    |
| g. Talking to my other children, family, and friends about brain injury.                          | 1          | 2        | 3        | 4    |
| h. Having less time and energy for my other children and/or spouse/partner.                       | 1          | 2        | 3        | 4    |
| i. Needing more help and support from family and friends.   | 1          | 2        | 3        | 4    |
| j. Paying bills and family expenses.  | 1          | 2        | 3        | 4    |
| k. Concerns about my job or my spouse/partner's job.  | 1          | 2        | 3        | 4    |
| l. Concerns about my own quality of life  | 1          | 2        | 3        | 4    |
| m. Other _____  | 1          | 2        | 3        | 4    |
| Other _____   | 1          | 2        | 3        | 4    |
| Other _____   | 1          | 2        | 3        | 4    |

**Circle the number that shows how much control you generally think you have over these problems.**

|      |          |      |       |
|------|----------|------|-------|
| 1    | 2        | 3    | 4     |
| None | A little | Some | A lot |

Below is a list of things that people sometimes do, think, or feel when something stressful happens. Everyone deals with problems in their own way – some people do a lot of the things on this list or have a bunch of feelings, other people just do or think a few of these things.

**Think of all the stressful parts of having a child with a brain injury that you indicated above.** For each item below, circle **one** number from 1 (not at all) to 4 (a lot) that shows **how much** you do or feel these things when you have problems related to your child having a brain injury, like the ones you indicated above. Please let us know about everything you do, think, and feel, even if you don't think it helps make things better.

| WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH A BRAIN INJURY:  | How much do you do this? |          |      |       |
|--|--------------------------|----------|------|-------|
|  | Not at all               | A little | Some | A lot |
| 1. I try not to feel anything.   | 1                        | 2        | 3    | 4     |
| 2. When dealing with the stress of having a child with a brain injury, I feel sick to my stomach or get headaches. | 1                        | 2        | 3    | 4     |
| 3. I try to think of different ways to change or fix the situation.  | 1                        | 2        | 3    | 4     |

**Write one plan you thought of:** \_\_\_\_\_  
 \_\_\_\_\_

| WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH A BRAIN INJURY  | How much do you do this? |          |      |       |
|---|--------------------------|----------|------|-------|
|   | Not at all               | A little | Some | A lot |
| 4. When faced with the stress of having a child with a brain injury, I don't feel anything at all, it's like I have no feelings.  | 1                        | 2        | 3    | 4     |
| 5. I wish that I were stronger and less sensitive so that things would be different.  | 1                        | 2        | 3    | 4     |
| 6. I <b>keep remembering</b> what happened with my child's brain injury or <b>can't stop thinking about</b> what might happen.  | 1                        | 2        | 3    | 4     |
| 7. I let someone or something know how I feel. ( <i>remember to circle a number.</i> ) →<br><b>Check all you talked to:</b><br><input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member<br><input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these   | 1                        | 2        | 3    | 4     |
| 8. I decide I'm okay the way I am, even though I'm not perfect.   | 1                        | 2        | 3    | 4     |
| 9. When I'm around other people I act like my child's brain injury never happened.  | 1                        | 2        | 3    | 4     |
| 10. I just <b>have</b> to get away from everything when I am dealing with the stress of my child having a brain injury  | 1                        | 2        | 3    | 4     |
| 11. I deal with the stress of having a child with a brain injury by wishing it would just go away, that everything would work itself out.   | 1                        | 2        | 3    | 4     |
| 12. I get really jumpy when I am dealing with the stress of having a child with a brain injury.   | 1                        | 2        | 3    | 4     |
| 13. I realize that I just have to live with things the way they are.  | 1                        | 2        | 3    | 4     |
| 14. When I am dealing with the stress of having a child with a brain injury, I just <b>can't</b> be near anything that reminds me of what is happening.   | 1                        | 2        | 3    | 4     |
| 15. I <b>try</b> not to think about it, to forget all about it.   | 1                        | 2        | 3    | 4     |
| 16. When I am dealing with the stress of having a child with a brain injury, I really don't know what I feel.   | 1                        | 2        | 3    | 4     |
| 17. I ask other people or things for help or for ideas about how to make things better. ( <i>remember to circle a number.</i> ) →<br><b>Check all you talked to:</b><br><input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member<br><input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these                      | 1                        | 2        | 3    | 4     |
| 18. When I am trying to sleep, I <b>can't stop</b> thinking about the stressful aspects of having a child with a brain injury or I have bad dreams about having a child with a brain injury.  | 1                        | 2        | 3    | 4     |
| 19. I tell myself that I can get through this, or that I will be okay.  | 1                        | 2        | 3    | 4     |
| 20. I let my feelings out. ( <i>remember to circle a number.</i> ) →<br><b>I do this by: (Check all that you did.)</b><br><input type="checkbox"/> Writing in my journal/diary <input type="checkbox"/> Drawing/painting<br><input type="checkbox"/> Complaining to let off steam <input type="checkbox"/> Being sarcastic/making fun<br><input type="checkbox"/> Listening to music <input type="checkbox"/> Punching a pillow<br><input type="checkbox"/> Exercising <input type="checkbox"/> Yelling<br><input type="checkbox"/> Crying <input type="checkbox"/> None of these | 1                        | 2        | 3    | 4     |
| 21. I get help from other people or things when I'm trying to figure out how to deal with my feelings. ( <i>remember to circle a number.</i> ) →<br><b>Check all that you went to:</b><br><input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member<br><input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these    | 1                        | 2        | 3    | 4     |
| 22. I <b>just can't</b> get myself to face the stress of having a child with a brain injury.  | 1                        | 2        | 3    | 4     |

**You're half done. Before you keep working, look back at the first page so you remember the aspects of having a child with a brain injury that have been stressful for you lately. Remember to answer the questions below thinking about these things.**

|   | How much do you do this? |          |      |       |
|---|--------------------------|----------|------|-------|
| <b>WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH A BRAIN INJURY</b>   | Not at all               | A little | Some | A lot |
| 23. I wish that someone would just come and take away the stressful aspects of having a child with a brain injury.  | 1                        | 2        | 3    | 4     |
| 24. I do something to try to fix the stressful aspects of having a child with a brain injury.<br><b>Write one thing you did:</b> _____<br>_____   | 1                        | 2        | 3    | 4     |
| 25. Thoughts about the stressful aspects of having a child with a brain injury just pop into my head.   | 1                        | 2        | 3    | 4     |
| 26. When I am dealing with the stress of having a child with a brain injury, I feel it in my body.<br>(remember to circle a number.) →  | 1                        | 2        | 3    | 4     |
| <b>Check all that happen:</b><br><input type="checkbox"/> My heart races <input type="checkbox"/> My breathing speeds up <input type="checkbox"/> None of these<br><input type="checkbox"/> I feel hot or sweaty <input type="checkbox"/> My muscles get tight  |                          |          |      |       |
| 27. I <b>try</b> to stay away from people and things that make me feel upset or remind me of the stressful aspects of having a child with a brain injury.   | 1                        | 2        | 3    | 4     |
| 28. I don't feel like myself when I am dealing with the stress of having a child with a brain injury, it's like I am far away from everything.  | 1                        | 2        | 3    | 4     |
| 29. I just take things as they are; I go with the flow.   | 1                        | 2        | 3    | 4     |
| 30. I think about happy things to take my mind off the stressful aspects of having a child with a brain injury or how I'm <b>feeling</b> .  | 1                        | 2        | 3    | 4     |
| 31. When something stressful happens related to having a child with a brain injury, I <b>can't stop</b> thinking about how I am feeling.  | 1                        | 2        | 3    | 4     |
| 32. I get sympathy, understanding, or support from someone. (remember to circle a number.) →  | 1                        | 2        | 3    | 4     |
| <b>Check all you went to:</b><br><input type="checkbox"/> Spouse/Partner <input type="checkbox"/> Friend <input type="checkbox"/> Physician <input type="checkbox"/> Brother/Sister <input type="checkbox"/> Clergy Member<br><input type="checkbox"/> My children <input type="checkbox"/> Parent <input type="checkbox"/> Nurse <input type="checkbox"/> Therapist/Counselor <input type="checkbox"/> None of these |                          |          |      |       |
| 33. When something stressful happens related to having a child with a brain injury, I <b>can't</b> always control what I do. (remember to circle a number.) →   | 1                        | 2        | 3    | 4     |
| <b>Check all that happen:</b><br><input type="checkbox"/> I can't stop eating <input type="checkbox"/> I can't stop talking<br><input type="checkbox"/> I do dangerous things <input type="checkbox"/> I have to keep fixing/checking things<br><input type="checkbox"/> None of these  |                          |          |      |       |
| 34. I tell myself that things could be worse.   | 1                        | 2        | 3    | 4     |
| 35. My mind just goes blank when something stressful happens related to having a child with a brain injury, I can't think at all.   | 1                        | 2        | 3    | 4     |
| 36. I tell myself that it doesn't matter, that it isn't a big deal.   | 1                        | 2        | 3    | 4     |
| 37. When I am faced with the stressful parts of having a child with a brain injury, right away I feel really:<br>(remember to circle a number.) →   | 1                        | 2        | 3    | 4     |
| <b>Check all that you feel:</b><br><input type="checkbox"/> Angry <input type="checkbox"/> Sad <input type="checkbox"/> None of these<br><input type="checkbox"/> Worried/anxious <input type="checkbox"/> Scared   |                          |          |      |       |
| 38. It's really hard for me to concentrate or pay attention when something stressful happens related to having a child with a brain injury.   | 1                        | 2        | 3    | 4     |

| WHEN DEALING WITH THE STRESS OF HAVING A CHILD WITH A BRAIN INJURY  | How much do you do this? |          |      |       |
|---|--------------------------|----------|------|-------|
|   | Not at all               | A little | Some | A lot |
| 39. I think about the things I'm learning from the brain injury or something good that will come from it.   | 1                        | 2        | 3    | 4     |
| 40. After something stressful happens related to having a child with a brain injury, I <b>can't stop</b> thinking about what I did or said.   | 1                        | 2        | 3    | 4     |
| 41. When stressful parts of having a child with a brain injury happen, I say to myself, "This isn't real."  | 1                        | 2        | 3    | 4     |
| 42. When I'm dealing with the stressful parts of having a child with a brain injury, I end up just lying around or sleeping a lot.  | 1                        | 2        | 3    | 4     |
| 43. I keep my mind off stressful parts of having a child with a brain injury by:<br>(remember to circle a number.) →<br><b>Check all that you do:</b><br><input type="checkbox"/> Exercising <input type="checkbox"/> Shopping <input type="checkbox"/> Watching TV<br><input type="checkbox"/> Reading <input type="checkbox"/> Doing a hobby <input type="checkbox"/> Listening to music <input type="checkbox"/> None of these                     | 1                        | 2        | 3    | 4     |
| 44. When something stressful happens related to having a child with a brain injury, I get upset by things that don't usually bother me.   | 1                        | 2        | 3    | 4     |
| 45. I do something to calm myself down when I'm dealing with the stress of having a child with a brain injury. (remember to circle a number.) →<br><b>Check all that you do:</b><br><input type="checkbox"/> Take deep breaths <input type="checkbox"/> Pray <input type="checkbox"/> Walk<br><input type="checkbox"/> Listen to music <input type="checkbox"/> Take a break <input type="checkbox"/> Meditate <input type="checkbox"/> None of these | 1                        | 2        | 3    | 4     |
| 46. I just freeze when I am dealing with stressful parts of having a child with a brain injury, I <b>can't</b> do anything.   | 1                        | 2        | 3    | 4     |
| 47. When stressful things happen related to having a child with a brain injury I sometimes act without thinking.  | 1                        | 2        | 3    | 4     |
| 48. I keep my feelings under control when I have to, then let them out when they won't make things worse.   | 1                        | 2        | 3    | 4     |
| 49. When something stressful happens related to having a child with a brain injury, I can't seem to get around to doing things I'm supposed to do.  | 1                        | 2        | 3    | 4     |
| 50. I tell myself that everything will be all right.  | 1                        | 2        | 3    | 4     |
| 51. When something stressful happens related to having a child with a brain injury, I <b>can't stop</b> thinking about <b>why</b> this is happening.  | 1                        | 2        | 3    | 4     |
| 52. I think of ways to laugh about it so that it won't seem so bad.   | 1                        | 2        | 3    | 4     |
| 53. My thoughts start racing when I am faced with the stressful parts of having a child with a brain injury.  | 1                        | 2        | 3    | 4     |
| 54. I imagine something really fun or exciting happening in my life.  | 1                        | 2        | 3    | 4     |
| 55. When something stressful happens related to having a child with a brain injury, I can get so upset that I can't remember what happened or what I did.   | 1                        | 2        | 3    | 4     |
| 56. I try to believe that it never happened.  | 1                        | 2        | 3    | 4     |
| 57. When I am dealing with the stress of having a child with a brain injury, sometimes I <b>can't</b> control what I do or say.   | 1                        | 2        | 3    | 4     |